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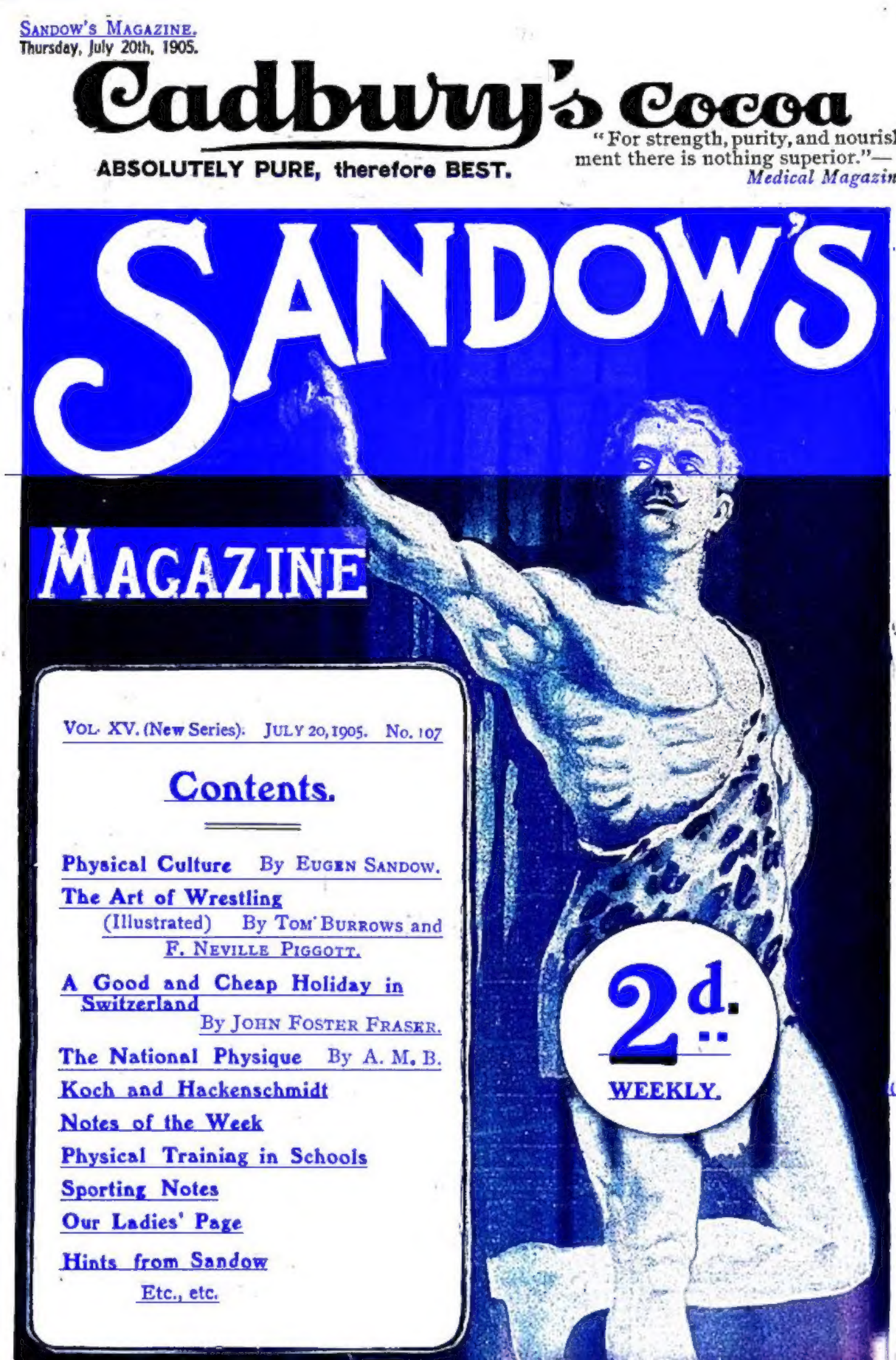

VOL. XV. (New Series). JULY 20, 1905. No. 107

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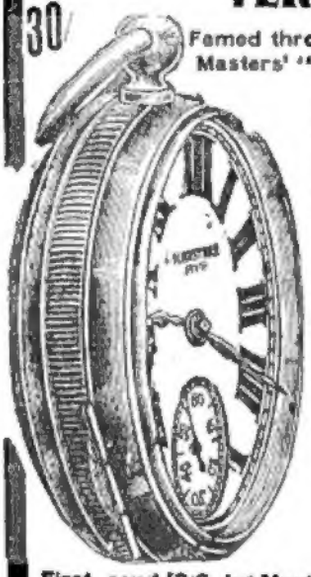

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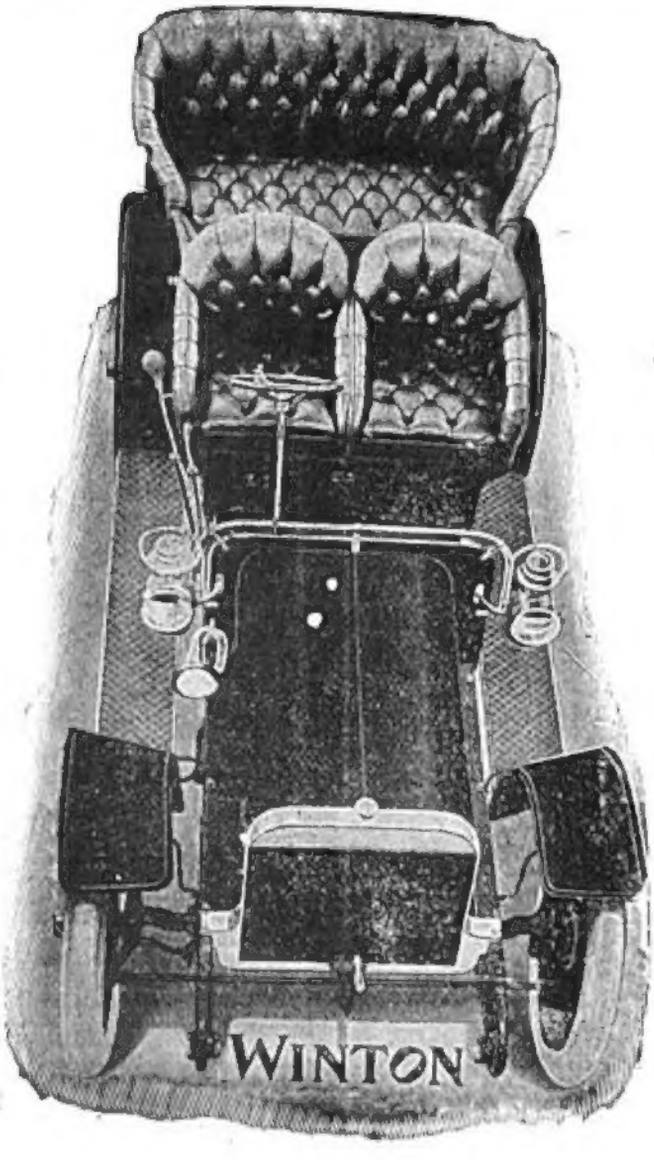

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Vol. XV. (New Series). JULY 20TH, 1905. No. 107.

Physical Culture.—Organic Exercise.

By EUGEN SANDOW.

TO a large number of people the word "exercise" implies the movement of certain limbs with a view to improving the muscular tissue encircling the bone forming those limbs, and an equally large proportion when they go in for exercise seriously, as they think, are prone to look for this improvement in the muscular development, forgetting, or never thinking, that whilst the limbs are indispensable for the purposes of action or locomotion, yet contain none of those organs whose perfect health is necessary to vigour and happiness. I cannot urge upon my readers too strongly the necessity and importance of the development of the internal organs contained in the chest ar. l abdomen. Take the heart, for instance. Every tissue is made healthy by strengthening it, and with it the circulation. I would remind you, too, that the heart is a muscle comprising some seven layers of fibres running in different directions, and it can, therefore, be strengthened and improved in the same way as other muscles, and practically upon the heart and lungs the whole question of how much a man or woman may exercise depends. The reason for this is very simple. Chemical changes of an important character are brought about by exercise, of which the chief products are sarcolactic acid and carbonic acid, and these must be dispelled, or the result is the muscle dies. The cause of breathlessness during exercise which some people experience at first is due to the fact that

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carbonic acid is being generated more rapidly than the lungs can set it free. This may be seen in a runner, who, in common parlance, "runs himself out," or in a hare which is "run to death," as sometimes happens. In the latter case, the animal will become stiff in a few minutes, and in an hour or so the flesh or muscle becomes putrid. Again, the stiffness which is felt after the first few days' exercise, is due not to the carbonic acid in the tissues, but to the presence of sarcolactic acid. This stiffness—just the same as the feeling of breathlessness—will wear off, and, for the same reason, viz., because, as we progress, the system becomes better able to throw off this superabundance of waste products. The development of the lungs cannot be effected by exercise pure and simple, no matter how thorough it may be, without special attention is paid to breathing exercise, but in conjunction with bodily action and independently, and it also has considerable effect on the organs contained in the abdomen, to which I will refer later. I frequently receive letters from people who are following my system, saying that they are unable to make any appreciable increase in their chest measurement, and I find that generally it is due to the fact that the lungs are not being exercised, but merely the muscles. It is always as well to remember that in an ordinary inspiration and exhalation about 200 cubic inches of air remain in the lungs, which are never exhaled, and even in the fullest expiration there are over 100 cubic inches of air, known as "residual," which never leaves the lungs. In the average man or woman there are thousands of air cells which are in a state of collapse, and are never filled with air which require treatment by means of systematic exercise, and this is the reason why breathing exercises properly executed are followed by an increase in the chest measurement. Take my own case, for instance. I have been able, by careful attention to breathing exercises, to bring about a chest expansion of no less than fourteen inches, viz., from 48 inches to 62 inches. This only goes to show what a number of unemployed and wasted cells must exist in the lungs of the weak, emaciated person, which, given a proper treatment, would enable that person to take into his or her body so many more cubic inches of life-giving breath. Lung disease is caused by two conditions: deficient exercise of the lungs, or exercise in foul and unhealthy atmosphere; and by deficient vital energy. This deepening of the lungs and thereby giving of increased area enables the blood to become more fully oxygenated, and the strengthening of the muscular tissue of the heart enables that organ to distribute it throughout the system in greater volume to nourish the tissues.

It should not be forgotten that the chest is what may be termed the engine-room of the body, and is therefore the part which requires most care and attention. Any deficiency or weakness here is apparent in every effort, mental or physical. Exercise without great effort will undoubtedly strengthen the heart, but exercise with great effort can only be indulged in by those whose circulation has already been brought to a state of vigorous health. As Sir Frederick Treves says: "It is becoming obvious that one great element of success in life is bodily strength, and he that has every mental requirement and the finest intellectual finish may find that he still lacks the one thing needed. Sound physical health enables a man to work with vigour and freshness. He will do well who still retains in the midst of his city life some of the qualities of the men of the plain. He will find that muscular strength and good lungs are not without value, even though he be no longer dependent upon the hunter's skill for his daily meal."

Eugen Sandow

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The Art of Wrestling.

By TOM BURROWS.

EDITED BY F. NEVILLE PIGGOTT.

VII.

[This interesting and unique series of articles, which commenced in our issue of June 8th last, will be found to contain much valuable advice for the beginner, as well as some most useful hints for those who have already mastered the art.]

BOTH attack and defence is lucidly shown in the illustration numbered 21, and it is one which often arises in the course of upstanding work. In the first instance the man on the right is the aggressor. Having got his arms round his opponent's neck, he grips his hands in the manner shown in the photograph, and, slipping his right leg forward, places his hip in a position to lever his man over it, and direct to his shoulders on the ground. Once he has got so far as to be able to apply leverage, the task should be rather a simple one, but there is a means of preventing this. It must be done, however, before the attacker is able to step in and use his hips. Presuming that this has been done, the method of countering is to place your right hand on his forehead and jerk his head backwards, which will in turn take him off his balance and allow you to escape from his grip.

The next photograph (Fig. 22) shows the result of a hip lock and throw, and was taken at the last stage of the throw, just as the man's shoulders were about to touch the mat. From it, it can be seen that the man underneath has but little chance of avoiding being thrown, at any rate at this stage of the proceeding, for, although, as may be seen, he is trying to effect a "bridge," his own impetus and the weight of his adversary is almost certain to bring his shoulders squarely on to the mat. The throw is effected in this

FIGURE 25.

Describes the hammer lock up the back and half Nelson. It is a certain fall.

way. Having secured a firm grip of your opponent round the neck with your right arm, you turn your body quickly, so as to get your hip well under him. Then you are in a position to lever him over your back and bring him down as shown in the photograph.

Fig. 23 gives a graphic illustration of, firstly, a position which can often follow as is described in Fig. 18. In this instance, however, it is possible to apply the counter hold before you have been lifted from the mat, or lost your balance. It is accomplished in this way. Directly you find yourself being held around the waist throw your arms around your adversary's neck, and, dropping on to one knee—your left for preference—you bring

FIGURE 26.

Shows a leg lock, known as the "Grape-vine."

on the one described at the commencement (Fig. 2), and, secondly, the counter. Taking the first method of attack, the waist hold, it is obtained by knocking your opponent's elbow up and giving him a half turn. At the same time you must get behind him, grasp him around the waist, and then proceed to bring about the throw in much the same way his head forward over your right shoulder. This places you in the position of attacker, and you should be able to bring your man over on to his back. There is another method of countering which may be adopted in the event of your not being able to secure the head lock, and that is by swinging your legs between his as you throw yourself forward on to the

mat, and at the same time catching hold of his nearest leg to bring him down and place you uppermost.

From the neck hold shown in Fig. 23 you should be able to effect a clean fall, but in the next illustration is shown a possible means of saving one's self. That is by means of a "bridge." The photograph shows very distinctly what a full "bridge" is. Here let me say that the art of making a bridge must be most assiduously practised by anyone who hopes to succeed in the art of wrestling, for it is one of the most frequently adopted methods of escaping from dangerous positions when on the ground. The beginner will have already realised the necessity for a strong neck, and practising the making of a bridge will assist greatly in the developing of the muscles of the neck and back.

In Fig. 25 we have an illustration of what is known as the "hammer lock" up the back with a half Nelson. This "hammer lock" is a most powerful hold, and when once your opponent is in the position shown in the photograph there is but little chance of his escaping a fall, for he is practically powerless owing to the huge leverage obtained by placing his arm across his back. He may attempt to make a bridge as you are turning him over with your left arm, but he has very little chance of doing so on account of

FIGURE 27.

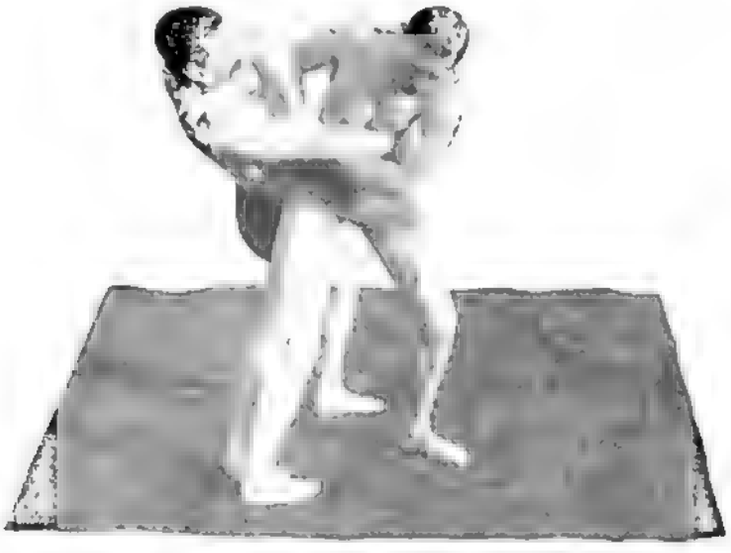
This is a cross hip lock. It is not so difficult as it looks.

the grip you have of his neck, which will bring his head upwards as you turn him.

In the particular style of wrestling with which this book treats, viz., catch-as-catch-can, the half Nelson is most useful, and one should practise it in all positions. It can be applied in a number of ways on the legs and arms, but for the purpose of defence it is always as well to remember that the enemy of the half Nelson is the elbow roll.

Should you at any time come against a man who has a particular fancy for the cross buttock, it is as well to know a method of escape, and this is shown in Fig. 26, which describes a leg lock commonly called the "grape vine," from its twisting nature. But little description is necessary to this photograph, for it almost describes itself. When your opponent is about to apply the cross buttock, bend so that you can hook your foot as shown on the inside of his calf, and then pull backwards in order to break the leverage of his lock, and cause him to pay attention to defence.

FIGURE 28.



Another useful leg lock which is worth practising.

FIGURE 29.

This shows another position in the buttock or hip lock.

(To be continued.)

A Good & Cheap Holiday in Switzerland.

By JOHN FOSTER FRASER

(Author of "Round the World on a Wheel," etc.)

SWITZERLAND is deservedly called the "play-ground of the English people." You can lunch in London, and the next morning take breakfast with a range of snow-capped hills before you.

The advantage of a Swiss holiday is that in a jump, as it were, you get removed from normal surroundings, away from familiar talk and familiar newspapers, and so are able to turn the key on your ordinary life for a few weeks.

It is well to know the language of a country in which one travels. Yet without that qualification there is a good deal of amusement to be obtained from trying to make one's self understood in rural parts of a foreign land. In Switzerland, however, it is rarely that the tourist can get away from a village or an hotel in which English is not spoken.

Switzerland is a small country, and it depends much on yourself whether you try to see it all in a fortnight, or whether you go there year after year for a month at a time and always find some new and picturesque spot.

The complaint is often made, about taking a holiday abroad, that so much money has to be spent in the railway fare to and fro. This is correct. But speaking from a long experience I think I may say that, including the railway fare, but remembering how cheap Swiss hotels are, you are no more out of pocket at the end of three weeks or a month, than if you had been staying in an hotel at one of our fashionable seaside resorts.

HOW TO GO ABOUT IT.

To anyone who desires a round tour in Switzerland, the best plan is to carefully examine a map of the country and decide what are the places likely to personally interest. Then it would not be a bad thing to write to one of the largest tourist agencies and buy rund-reise (round tour) tickets which will take you practically from anywhere to anywhere without the bother of constantly buying tickets at the booking offices. Besides, there is a saving in money. Those who are willing to take pot-luck at the smaller hotels or pensions—and a great many of them are very cheap and clean—can also save money. Indeed, if one knows one's way about at all, or is adventurous enough to take risks, it is quite marvellous how cheaply one can find hotel accommodation in Switzerland. To those, however, who are novices, the better plan is to purchase hotel coupons from a tourist agency which insures that the hotel at which you stay is a good one. Further, you know exactly how much you have to pay.

Tourists should take as little baggage as they possibly can. At the best of times baggage is a nuisance, and as in Switzerland the railways do not carry it free, the cost of conveying portmanteaus from place to place, often half filled with articles never to be worn, is expensive. At some of the more fashionable hotels men dress for dinner. In the tourist season, however, it is not at all regarded as out of place if a man sits down to dinner in other costume than in evening dress.

BEGIN AT LUCERNE.

To anybody proposing making a little tour of Switzerland for sight-seeing purposes, I would suggest that the first place they make for is Lucerne. Here a very pleasant few days can be spent. One day an excursion can be made to Engelberg, an exceedingly picturesque village. Another day an ascent can be made of the Stanserhorn by the wonderful mountain railway; from the summit there is a magnificent panorama of snow mountains, including the Finsteraarhorn, the Schreckhorn, the Wetterhorn, and the Jungfrau. Then there is the Rigi or Pilatus to be ascended. All of these hills can be "negotiated" by train, so you have the satisfaction of being a mountaineer sitting at your ease. Lake Lucerne is the prettiest in Switzerland.

Taking a minimum of luggage a delightful journey can be made along the whole length of the lake to Fluelen, where the train can be taken by the wonderful St. Gothard railway on which the train, whilst in the tunnels, rises in spirals to higher and higher levels. You leave the train at Goeschenen, the very mouth of the Gothard tunnel. From there you drive, at the cost of 1s. 3d., up to Andermatt through a wonderful gorge, over the Devil's Bridge, where the scenery is amongst the most impressive in Europe.

OVER ALPINE PASSES.

From Andermatt a fine coaching excursion is made by way of the Furka Pass to to Rhone Glacier and then by way of the Grimsel Hospice to Meiringen. At Meiringen train can be taken to Brienz with a delightful little lake journey to Interlaken. There the beauties of the noble Jungfrau may be admired. An excursion up to Grindelwald should not be forgotten, for the Grindelwald valley is one of the most delightful in the whole country, and the scenery is most impressive.

From Interlaken, Lake Thun should be traversed as far as Spiez. From there a little train runs into the mountains to Frutigen. At Frutigen the diligence can be obtained to Kandersteg; then comes the Gemmi Pass to Leuk. From here it is worth while making an excursion as far as Zermatt to sit within the shadow of the Matterhorn. From Zermatt train should be taken to Martigny. There you will find a diligence again to the lovely valley of Chamonix with the mighty Mont Blanc looking in at your bedroom window. A few days may be spent most enjoyably "doing" the various walks around this most charming of villages. From there train should be taken to Geneva. After a day there move on to Lausanne. From Lausanne delightful excursions may be made by water to Vevey, Montreux and Territet. Then the traveller should proceed to Berne, the capital of Switzerland, a quaint old-fashioned city which in places seems to indicate that one has slipped back into the fourteenth century. From Berne it is short railway journey back to Lucerne.

You can do all this in a fortnight, three weeks or a month, the time depending on how long you care to take your ease by the way. One thing I do advise: Do not rush it. Nothing is more foolish than to wear one's self out tearing from place to place. The only result is a confused memory of what one has seen. It is much better, even though you desire to see a great deal, to settle two or three days in the main centres of interest and make walking excursions in the neighbourhood, than to try to cover an enormous amount of ground, just for the sake of the gratification of having been to such-and-such a place.

DELIGHTFUL RESTING PLACES.

If you are going to take things easily, I would suggest that you begin at

Andermatt, where the coach drive by way of the Furka Pass to the Rhone Glacier begins. You may stay at the hotel which is within a mile of the glacier itself. The scenery round about is wonderfully grand. Twenty years ago the great crawling mass of ice passed by the hotel door. Now it is some little distance away and is yearly receding. At the foot of the glacier you will see a little stream trickling forth. This is the River Rhone which dances and spurls and spumes through the valleys to one end of Lake Geneva, escapes at the other end, and finally meets the Mediterranean 500 miles away.

When on your way to Meiringen you must stop a night at Grimsel Hospice. Here you feel you are in wildest Switzerland. While enjoying yourself in beautiful summer you will remember that when all tourists have gone and the mountain roads are clogged with snow, here stay through the long dreary months two men and two dogs, ready to give aid to any belated travellers on the mountains.

A second part of the little tour I am recommending, which you will find more than usually interesting, is the journey from Frutigen to Leuk. It is worth while halting at Kandersteg, which is a pretty village nestling under a precipice and around which there is scenery of a Titanic order. From there make a little excursion to the Gasternthal, a dainty spot of green, guarded by huge precipices and with great glaciers frowning close by. Few passes are so impressive as that of the Gemmi, and there are some very impressive walks in the neighbourhood. From little eminences gorgeous panoramas are revealed of snow peaks piercing the sky. At times the road cuts into the very face of the rock so you have an enormous wall above you and erie depths below.

If you have time, pay a visit to Leukerbad, famous for its twenty-two hot springs. Everybody, men and women, bathe together. Wrapped in long gowns they sit immersed up to the neck before a floating table upon which are coffee, books, newspapers and the like. One of the most fascinating spectacles, weird in the extreme, is to see the rocks of the Gemmi flooded by moonlight.

The tour I have sketched will give you the opportunity of seeing some of the most lovely and stupendous scenery in the world, and Switzerland is so much a favourite with British people that there is no fear, certainly on the route that I have outlined, of getting to any part where one is not likely to be readily understood.

I know of no country where one is so soon braced up as in Switzerland. Those who have not yet travelled abroad but have a desire to do so this summer cannot do better than visit the "playground of Europe."

Compulsory Physical Training in Schools.

Notice was given recently to the Notts. Education Committee by Major-General Warrand of his intention "to call attention to the desirability of making physical training obligatory in all schools in the same way that fire drill is now enforced." The General was unable to attend the meeting, but he wrote that the training ought certainly to be given where the head teachers were capable; and where they were incapable, through age or for other reasons, managers could have the instruction given by outsiders at a small expense, and with much profit to the scholars.—On the suggestion of the Chairman, it was agreed the matter should stand over until Major-General Warrand could be present.

.. THE NATIONAL .. PHYSIQUE.

* * *

The following remarks are extracted from an article by "A.M.B.," which appeared recently in the "Daily Express," setting forth some of the causes of degeneration and remedies to combat it.

* * *

THE movement so happily inaugurated at the Mansion House the other day, and supported by authorities so uniformly able to speak from different standpoints as the Bishop of Ripon, the Lord Chief Justice, and Sir William Broadbent, will, doubtless, bring before the nation one of its greatest dangers—the physical unfitness which daily increases in our great centres and congested cities.

Do we realise that the huge urban populations of this country are surely and not slowly reducing the national standard of health? Is the nation aware of the havoc which town life makes of its most priceless possession—the national physique? Are the authorities, whether of the central or the local government, really alive to the ruin which overtakes the health of those millions who are pent in the narrow ways of our teeming cities? We cannot realise it—they cannot realise it—or drastic would have been the remedy long since.

Yet over England there has been passing a portentous change. A hundred years ago 64 per cent. of the English people lived and laboured in rural districts; to-day 66 per cent. live in towns and are engaged in urban industries. Indeed, so great is the revolution that not more than 18 per cent. of the entire population live in strictly rural districts and are occupied in agricultural pursuits.

THE RUSH TO THE CITIES.

At the last census it was found that of the total population of England and Wales — 32,527,000 — no fewer than 28,058,000 dwelt in urban or suburban areas, and that only 7,469,000 lived in districts which were more or less rural. That is to say, the townsmen are to the countrymen as 335 is to 100. The disparity, too, is rapidly increasing. Ten years before, townsmen were in proportion to countrymen as 258 is to 100 and ten years before that again, as 212 is to 100.

The agricultural population of England and Wales is not merely standing still while the town population is growing; it is actually declining, as the following table will show:—

DECREASE OF RURAL POPULATION IN TEN YEARS.	Per cent.
Cardiganshire	7·93
Oxfordshire	7·54
Montgomeryshire	7·53
Dorset	7·26
Nottinghamshire	5·65
Cumberland	5·32
Devonshire	5·22
Bedfordshire	5·21

On the other hand, the masses are concentrating more and more in urban

centres. In the seventy-five chief urban centres in England and Wales there has been recorded during the last ten years an average increase of ·· per cent. In many districts this increase has been phenomenal—in Fulham and Wandsworth, for example, 49 per cent.; and in Lewisham 43 per cent. In the "Outer Ring" of London boroughs there has been an average increase of 45 per cent. during that short period.

TERRIBLE OVERCROWDING.

Let me put it in another way. Twenty years ago I could have placed the whole population of England and Wales upon their national area, and each person would have been ninety yards apart from the next. But the population is growing at such a rate that to-day each person so placed would stand only seventy-five yards from the other.

Now, this drawing together, though it means next to nothing in the country districts, spells overcrowding in our urban centres. A simple but useful test of overcrowding is to take the number of homes where more than two persons live in one room. Throughout the country districts there is an average of 5.84 per cent. of such homes; but in the towns a very different story can be told:—

HOMES WHERE MORE THAN TWO PERSONS LIVE IN ONE ROOM.

	Per cent.
Gateshead	34.54
South Shields	32.42
Newcastle-on-Tyne	30.47
Plymouth	20.19
Dudley	17.48
Devonport	17.38
London	16.01
Bradford	14.62
Halifax	14.49

And following on this overcrowding, comes, of course, the inevitable series of conditions which makes the degeneration of the national physique an absolute certainty.

Is it surprising that in ten short years the percentage of persons who resort to the hospitals should have so largely increased—that the generally diseased should be 10 per cent. more numerous—or that the children who suffer from various physical defects should have increased in thirty years as three to one?

THE REMEDIES.

The first reform would require the introduction into our urban districts of cheap and easy transit into the suburban "outer ring," if not to the open country; the creation of abundant local opportunities for open-air games, exercises, sports, and pleasure-seeking generally; drastic regulations against overcrowding; as drastic regulations for the building of tenements which shall be roomy, airy, and light, and not mere catacombs of cupboards; and a steady public policy in favour of suburban residence.

This would bring one to the second line of progress—the enormous, deliberate, and carefully planned extension of our suburbs until they become quasi-rural, coupled necessarily with cheap and rapid transit to the hives of industry. In such semi-rural suburbs, the cottage and not the tenement would be the home; the garden and not the alley the home-playground; and the common would take the place of the unlovely street. In spite of all our great growth of population, not five millions of acres are now urbanised or suburbanised; and there is a ring around them of 32,000,000 of green acres shouting for people.

They are also shouting for work. And that brings me to the third reform. It is absolutely necessary to bring back an industrial life to the rural districts.

Indeed, if we do not have such a population, what becomes of our best recruiting ground for the military and industrial armies of our State? Where are we to seek that continuous flow of vigour to make up for the continuous sap of strength? For the country invigorates just as the town exhausts, and it alone can supply just what the town demands.

Consequently, not only our physique, but our entire well-being as a race depends on the basis of wholesome living, and it is precisely in proportion as we filter the evils of town life and imbibe the vigour of rural or semi-rural conditions that we shall improve the physical and general standard of the nation.—A.M.B.

KOCH and HACKENSCHMIDT.

THE GERMAN ANNOYED.

* * *

JACOB KOCH, the German Græco-Roman champion, is a very much annoyed man, says *The Sportsman*. In company with his backer, Koch called at the office of that paper on July 10, when both principal and supporter had some rather hard things to say about the Russian Lion, Georges Hackenschmidt. A month back £50 was posted with us on behalf of Koch, but Hackenschmidt has so far altogether ignored this little matter as well as the challenge issued on behalf of the German. Koch cannot understand Hackenschmidt's silence, and in the course of a conversation he had with a representative of this paper, he criticised the Russian's action, or, rather, want of action, in no measured terms.

Said Koch: I cannot understand why Hackenschmidt talks of retiring from Græco-Roman wrestling, and how he can possibly be the catch-as-catch-can champion. My money has been put up; I have challenged Hackenschmidt, and I am here in England prepared to meet him. Why does he not reply? Hackenschmidt should defend his title, and I am the man with every right to ask him to do so.

You know Hackenschmidt is already matched with Madrali?

Koch: Yes, I know all about that, but his match with Madrali does not come off for months yet. Hackenschmidt has plenty of time to wrestle me before he meets the Turk. It seems to me Hackenschmidt prefers men of less ability. He challenges Munro, Deriaz, and others. If he has time to meet these men, why not make a match with me?

Perhaps he wants a bigger stake?

Koch: If this is so, he can be accommodated. I am prepared to wrestle Hackenschmidt for any sum he likes up to £1,000 a-side. Hackenschmidt has plenty of money, and I can get this amount. Now, he has no right to hide himself behind music-hall engagements and other matches. Let him come forward and put down his money, or if he does not fancy a match let him frankly say so. There is, I may say, a strong desire on the Continent to see Hackenschmidt and myself in a genuine contest, and that is what I have journeyed to England for. There is plenty of money for Hackenschmidt providing he can defeat me, and he can have a contest either in England or on the Continent. I hope he will now hurry up and get to business, for I do not wish to resort to stage challenges, but would prefer to do my business in a proper manner and through the columns of *The Sportsman*. All Hackenschmidt need do is just to say what day and at what time he will meet me at your office.

It may be interesting to know that Jacob Koch was born in April, 1871, at Neuss, on the Rhine, a little town near Cologne. From his boyhood he had a passion for gymnastic exercises, and soon became known as the best jumper and bar performer in his district. He excelled as a wrestler, and travelled through Germany, France, Belgium, and Holland, cheerfully engaging with any and every opponent.

The most sensational incident in his career occurred in 1904 at the Circus Busch, Berlin. At this establishment a wrestling tournament attracted thirty-five

competitors struggling for the world's championship. There were many strenuous bouts, but the prominent competitors were Heinrich Eberle and Jacob Koch, of whom the former was favourite. It was estimated that his supporters had risked no less a sum than £25,000 upon his chance; the sum involved on Jacob Koch's behalf was believed to be £15,000. None took a greater interest in the tournament than the German Crown Prince, who was in constant attendance. When at length the champions met, their struggles endured forty-six minutes, but finally Koch threw Eberle. There was a wild scene. The victor was escorted to his house by an enthusiastic crowd numbering many hundreds, but the commotion did not end here. The loss of Eberle's supporters made them furious, for they declared that he had not done his best. The business was brought to an issue by a certain sportsman who had lost £300, and subsequently brought an action in the court for its recovery from the bookmaker, making the specific charge against Eberle that he deliberately lost the match. Public interest in the proceedings was acute. From day to day the court was crowded. All the wrestlers who had been engaged in the tournament were cited, and one by one made the solemn declaration that the competition had been entirely in good faith, and that each competitor had striven his utmost for victory. In this way was Eberle vindicated, and the rare crown of a legal decision was placed upon Jacob Koch's success.

Koch's next great match took place in Paris, in April, 1905. There and then a great tournament was arranged at Bostock's Hippodrome. In this instance, Jacob Koch's most formidable opponent was the famous Laurent Lebeaucairois, whose proud boast it is to have beaten Georges Hackenschmidt. Four times has Jacob Koch met this redoubtable wrestler, and three times has he beaten him, the fourth encounter being drawn. In the Paris tournament, Koch was notably victorious, winning once more the championship, also a prize of 10,000 francs and a medal presented by the municipality of Paris. Never before had a German so distinguished himself in Paris.

Among other famous wrestlers whom Jacob Koch has defeated, one may name Omer de Bouillon, Jess Pedersen, and Constante Le Boucher.

Koch is in the supreme pride of manliness. His height is 5 ft. 10 ins., his weight 17 st. 2 lb., and his measurements: chest, 50 ins.; expanded, 53 ins.; waist, 40 ins.; thigh, 25 ins.; calf, 17 ins.; biceps, 17 ins. (in expansion, 18 ins.).

L.C.C. and Physical Training.

The Education Committee of the London County Council have produced a long report on the findings of the Inter-Departmental Committee on Physical Deterioration.

They state that they are considering the advisability of instituting a system of measurement of school children, but they do not intend at present to recommend the Council to take any action with regard to an extended scheme of physical exercises.

The instruction in cookery, hygiene, domestic economy, the feeding of infants, etc., now given in the Council's schools is regarded as ample for the present.

Notes of the Week.

TO THE EDITOR, "SANDOW'S MAGAZINE."

SIR,—The enclosed are the photos of three friends of mine who are students of physical culture. They have aimed at health, strength, and symmetry of form.

MR. HANS MENZEL.

They have tried various systems of training at different times, but during the last two years have proceeded according to your book, "Strength, and how to obtain it." They are now in Germany, and in his last letter to me Mr. Hans Menzel tells me that they all three agree that your system attains all three of the above aims better than any other that they have tried. On account of their fine development they are often employed as "models" by sculptors.

The enclosed photos have been recently taken and sent to me, and I think that they are a great recommendation to your system. I send them to you, hoping that you will find room for them in your magazine. Should you require any information concerning their measurements I shall be glad to supply you with the same.

Yours, etc.,
F. G. WARING.

St. Paul's College,
Cheltenham,
June 10, 1905.

* * *

It was announced at the meeting of the Battersea Borough Council that the Local Government Board had sanctioned payments in connection with the maintenance of a depôt for the sale of sterilised milk for infants, and the provision of free university extension lectures with organ recitals, which were disallowed by the district auditor. The Local Government Board added, however, that it could not adopt this course with regard to disallowances in respect of expenditure for lectures hereafter incurred by the borough council.

* * *

Shooting into a space of about 18 yards by 10 yards, on the golf course at Le Touquet, with his extraordinary Turkish

bow, said to be 200 years old, Sir Ralph Payne Gallwey has just established a record with bow and arrow which may be termed remarkable. He shot three arrows into the space mentioned, and the farthest, on being carefully measured, was found to have travelled a distance of 367 yards. There was a very slight breeze in the shooter's favour. Shooting with an English bow, Major Straker's arrow fell at 286 yards. Mr. Trower's shoot of 340 yards, in the year 1798, is believed to have been the previous best on record.

* * *

National Military Training.

Lord Raglan, President of the National Defence League, who has written a letter with reference to the recent speech of Earl Roberts in the House of Lords, says that it would be difficult to exaggerate the importance and significance of that speech. Lord Raglan continues: "If the people are not entirely sunk in apathy and indifference to the national welfare, the words of that great soldier should find an echo in the mind and heart of every Briton. Speaking with the authority due to brilliant and devoted service of nearly half a century, the veteran Field Marshal has brushed aside the ordinary comfortable platitudes which the nation is accustomed to hear, and has not only laid bare the ugly truth with regard to our military position, but has pointed out that here, as elsewhere, 'the path of duty is the path of safety.'" After remarking that the lesson urged by Earl Roberts is completely in accord with the truth which the National Service League has been steadfastly placing before the nation, the writer proceeds to emphasise the main points of the speech in question, contending that it would be impossible to find a more complete vindication of and support for the principle of national military training which the National Service League has persistently advocated than "this noble and inspiring appeal to the people." No Government, says Lord Raglan, can be expected officially to support a noble appeal for national duty, such as that made by Lord Roberts, unless the people themselves show that they are ready to respond, and that there is no surer way of helping the great soldier who has rendered such signal services to the country than by joining the National Service League, and thus forming that body of public opinion to which a patriot statesman can appeal."

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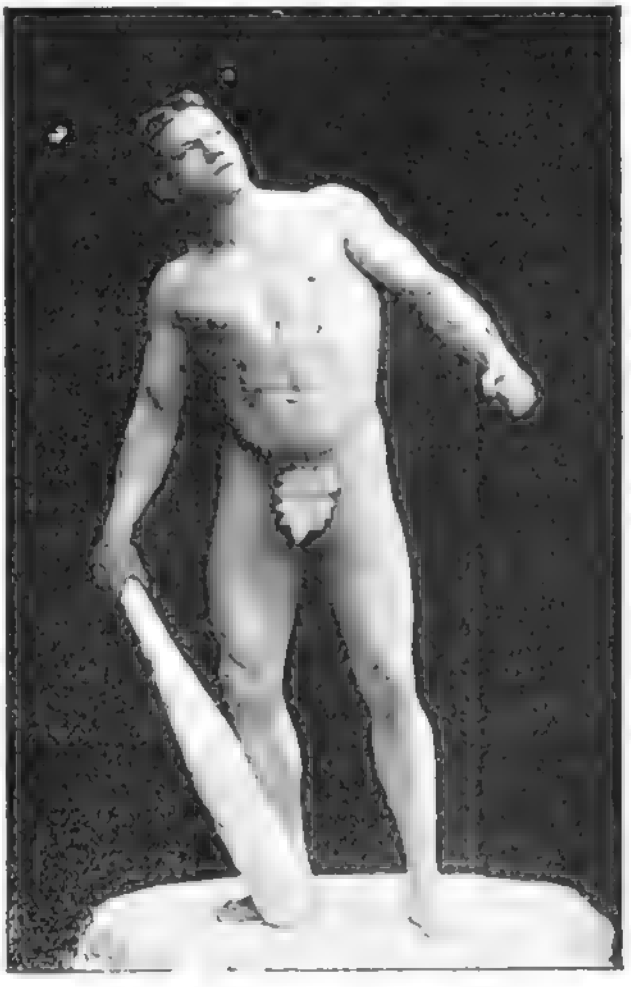

Mr. OTTO BRANDT.

* * *

Dr. Barton's Airship.

A preliminary trial of Dr. Barton's airship took place recently at the Alexandra Palace, and it is claimed that at a height of 40 ft. she obeyed her helm well, and readily forged ahead against the wind, which was blowing at the estimated rate of between fifteen to twenty miles an hour. The airship was not allowed to make a regular unfettered trip, as that has been reserved for the afternoon of the 22nd inst. from the Palace grounds. The balloon, which, it will be remembered,

was originally designed for the War Office, is 180 ft. long, 60 ft. high, and 40 ft. wide. The aeroplanes and motors, the propellers and rudders, all worked smoothly, and the balloon had a lifting capacity of several tons.

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Mr. WILLI SCHMELZKOPH.

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The Duke and Duchess of Connaught visited the Royal Normal School for the Blind on July 13th, for the purpose of distributing the prizes. After going through the various rooms where pupils were at work, the Duke and Duchess sat on a shady terrace, and watched a score of young men go through an intricate musical drill in the court below. The young men never hesitated for a moment, never lost their "dressing," and were never a movement out of time.

Following this, the Duke and Duchess moved across the grounds to the covered skating-rink, where several girls were waltzing round and round on roller-skates.

Next the Duke and Duchess went down to the swimming bath, and here six young men who were quite blind went through skilful evolutions in the water; they dived from a good height, and turned back somersaults as they did so.

Last of all the Duke and Duchess took up their stations in the large marquee, and the Duke, in a neat little speech, expressed his wonder at and admiration for all the things he had seen.

* * *

Hereditary Heroism.

A lad named George Merriman, of Bow, has received the Royal Humane Society's certificate for saving life, a similar honour having been accorded his grandfather some years ago.

Merriman, like his father, is in the employ of the Post Office. Last April he dived into the water near Victory Bridge, Stepney, and rescued a child from drowning.

The certificate was accompanied by a money gratuity, and the preservation was made by Police-Superintendent Wells.

* * *

The New York correspondent of *The Daily Express* is responsible for the following story:—

Mr. Luther Welsh, of Kansas City, has had himself stretched two inches in order to pass an examination. While preparing for admission to the Naval Academy, he found he was only five feet in height instead of 5 ft. 2 ins., which is the minimum laid down by the regulations.

He thereupon had himself regularly stretched on a specially devised rack, and added the necessary two inches to his stature before the date of the examination. He passed.

Physical Training in Schools.

* * *

[The "Eastern Morning News," Hull, has long been a keen advocate for a betterment of the physical condition of children, and the following expressions of opinion from a teacher will no doubt be read with interest.]

NOTHING in recent years is so remarkable as the development of public opinion, and the alteration of the standard of public taste. It may safely be said that this change is a change for the better; that popular ideals are slowly but surely being raised, this implying likewise a rise in the ethical and social ideas of the people. Perhaps in no department of life is this change more apparent than that which touches the physical life of this nation. Questions appertaining to food, rest, exercise, ventilation, sanitation, and the treatment of disease, were never more discussed than at the present time. Literature—good, bad, and indifferent—is spread broadcast, from which, by an intelligent perusal, the people may select the truth, and reject that which is untrue.

Now, why should it be necessary to publish so many books, papers, pamphlets, and articles upon these subjects? Why should the opinions of President Roosevelt, the strenuous; Mr. Eustace Miles, renowned both as a student and an athlete; Count Tolstoi, the man of many parts, be considered so important? The reason is not far to seek. It is because such men have discovered the secret of a happy and useful existence, because they stand so far ahead of ordinary mortals, and the populace feels that these and others similar have a distinct message for the world, and for the age in which they live. Briefly put, the forward cry of such leaders is, "Back to simplicity." This is somewhat of a paradox, but is easily shown to be true. The human race began in simplicity, in simple food, and a simple life, but coexisting with its development it has unluckily come to consider extravagance and luxury as essentials to life, and exciting pleasures as necessary to enjoyment, with the result that the term of life is shortened and illness of every description is common.

The people have themselves to blame for this state of affairs, and as soon as the plain laws of nature are obeyed so soon may they expect visible improvement. Of course, the errors of previous generations cannot easily be atoned for, but improvement in all cases is possible. The lamentable state of the English physique, as regards general health and power of endurance, may be seen from a statement made by Major-General Sir F. Maurice (Con. Rev., Jan., 1903):—"Out of five who apply to join the army, only two are left at the end of two years." And this in spite of the fact that recruiting sergeants choose only the apparently fit. The chief diseases which attack them are heart weakness, rheumatism, and pneumonia, and the great cause the low anæmic condition of the blood. This shows indeed a wretched

state of things, and the inability of the masses of the people to see the true cause or put into action remedial measures.

Why is one man healthy and his neighbour unhealthy?—a healthy person being one who, in general, performs all the functions of life harmoniously and without undue strain, and who finds pleasure both in the exercise of his faculties and in rest. Generally it will be found that those who breathe pure air, who have sufficient mental and physical exercise, freedom from worry, a mind alert to the beauties of nature, who partake of good food (not worthless substitutes), and who are not overburdened with selfishness—these usually are among those who enjoy the best health, while those who are unable or unwilling to fulfil these or similar demands suffer accordingly.

MENTAL ATTAINMENTS.

"Back to simplicity," then, is not such a dangerous sentiment as it would appear. We need not revert to the barbarous customs and degrading institutions of some savage tribes, nor to the gross ignorance of long ago; nor need we cease to evolve (which is impossible), but along with mental improvement let there be ordinary care for the physical needs of man. Why a system of education should deal only with mental attainments passes comprehension, unless it is that the physical powers are supposed to be developed entirely out of school hours, which might be the case if the majority of parents knew what to do and how to do it. But ignorance is still a serious blight in this civilised age! The ancient Greeks, as we know, believed in the training of the body as well as the mind, and the custom was for the philosophers to teach in the open air. Now, if the present generation is taught to understand the rules of health much may be done to improve the race. It is useless to endeavour to convert those far advanced, or, we might say, moderately advanced, in years. Usually persons who have been committing errors for years prefer to continue the same course to the end. Only persons of the most extraordinary perception, combined with not a little will power, will change any of their views, if shown to be erroneous, late in life. Such cases, few and far between, are worthy of respect. "As the twig is bent, the tree's inclined," and as we cannot, in many instances, affect the full-grown trees, let us use every endeavour upon the twigs. The future of England is in the hands of its teachers. As they are, so do the pupils tend to become, for we all follow, and imitate with more or less success, our unconscious ideals. Probably the majority of children spend more time under the eye of the teacher than of anyone else, the parents included. If that teacher is low in morals, weak in will, or of poor physique, so much the worse for the scholars; for, as Emerson has so ably expressed it, "men imagine that they communicate their virtue or vice only by overt actions, and do not see that virtue or vice emit a breath every moment." Likewise if the teacher is intent upon turning out men and women worthy of the name, in preference to producing merely mechanical appliances, he must approach in some degree a standard of excellence, and be able to inspire his pupils with a desire to live for some noble aim. In this connection may be mentioned the now well-known remark of Mr. Alfred Moseley in his report on American education, that while the English teach the three R's, the Americans teach four, viz., R.W.A. and Reason. The art of reasoning, be it observed, depends more upon the observation of facts with ability to comprehend the same, than upon logic, for, to quote the opinion of a late Professor of Logic, when asked whether logic was an art or a science. "It is neither an art nor a science, but a dodge." Having shown the great importance of instilling right ideas in the child's mind, it is well to further state that the term "physical instruction" by no means shuts out the subject of physical drill as generally understood, but embraces all that is meant by the much broader term already quoted. Physical instruction, then, implies instruction in hygiene and physiology, as these are subjects directly relating to physical man. We do not presuppose, however, that a profound knowledge of these subjects

ensures health, as some of the best authorities are anything but healthy men; witness some of the members of the medical profession. But a knowledge of these subjects is great assistance in the study of health, and, as the subject is of paramount importance, certain factors may be mentioned which are often overlooked, even though hygiene and physiology, so-called, be taught.

Air, and fresh air, should always be placed first; for since a human being could live at least 2,000 times as long without food as without air, its importance cannot be denied, and must not be overlooked. Most persons, of course, agree that air and sunshine are very beneficial; yet how many thousands pass from healthy childhood to a greatly impaired manhood or womanhood largely because the naturalness of child-life is unintentionally abandoned. The vigorous exercise, too, of childhood compels vigorous breathing; yet how few adults breathe with spirit and energy, and what large numbers breathe through the mouth —a habit which commonly paves the way for catarrh and that fearfully prevalent disease, adenoids. Consumption, too, can in all cases be prevented, and often cured, by liberal quantities of air and sunshine; yet Sir William Broadbent, a short time ago, reported that "whilst in 1904 the deaths in the London area from all infectious diseases only numbered 1,415, those from consumption amounted to 7,738, the vast proportion being men and women in the prime of life."

AIR IMPURITIES.

Again, how many persons would desire to eat food, or drink water, which had been left standing for several days or weeks? Yet the amount of impurities in the air of some sleeping apartments positively staggers the imagination, to say nothing of invalids' rooms—many of whom doubtless recover from disease, but collapse for want of food—lung food. How much depression of spirits is caused by depressed air-supply? And how is it that mental inertia gives way to sunshine and the pure air of the hills? A day in the roaring fen winds was Charles Kingsley's cure for mental stupidity—although it is difficult to believe that he ever suffered from it. These are truths which should be driven home upon the minds of the rising generation—in season and out of season—and upon adults, as discretion suggests. When one considers the illnesses, trifling or otherwise, through which the average person passes before the ages of twenty or thirty, one cannot but feel that something should be done to educate the masses in the simple rules of health and often equally simple cure of disease.

To pass on to the vexed question of food, which fascinating study needs the remark that while we ofttimes ask, "What shall we eat or what shall we drink?" the question as to whether we are actually taking food or refuse rarely enters the mind. The tea and white flour upon which so many school children are expected by their sadly-benighted parents to exist is sufficient explanation of their condition. Tea may be a useful stimulant sometimes, but a food it is not. As Dr. Andrew Wilson, F.R.S.E., stated in Hull a few weeks ago, "he had been endeavouring for years to teach people that money spent on tea and coffee was wasted so far as its food value was concerned." This question of diet, he said, was at the root of individual and national prosperity. White flour, too, can easily be proved to be lacking in the elements required to sustain life. Among other diseases, rickets is entirely the result of wrong foods (so-called). A careful examination of food tables, accurately drawn up, reveals much in this direction. What a return to simple and nourishing foods would accomplish for individuals and the nation no one can say. The following extract from Mr. Eustace Miles (amateur champion of the world at tennis and racquets) will perhaps show what it might do:—"Struggling against opposition, including the opposition—hardest to struggle against—of those who mean so well; with hard arteries, a tendency to liver attacks, cramp, depression, and headaches, to what was almost a desire for alcohol; already past the most active period of life, I have been enabled under the new diet to keep in constant training and practice for games and exercise, and

to improve in versatility, activity, skill, and endurance; to keep in constant training for brain work of many kinds; to work almost continuously, to do more work, to do more kinds of work, to do harder work, to do better work; to improve in my feelings and motives and moral tone; to feel contented and happy, and generally to enjoy life." How many cases of fainting in schools, and of partial collapse in other ways, are produced by over-eating, especially of greasy and unhealthy mixtures? Few attacks of sunstroke or apoplexy would occur if people only knew how to live.

Little need be said upon the subject of cleanliness, for those who breathe large quantities of pure air and take moderate quantities of pure food, will usually desire a clean skin. The filthy condition in which some children are allowed by their parents is nauseous in the extreme. But the mere appearance is by no means the most loathsome part of the matter. When it is recognised that the skin, if properly treated, is constantly parting with poisons which would be highly injurious to the system if retained, in what an abnormally unhealthy condition must some children be, and what wonder that outbreaks of disease are so common and so difficult to eradicate.

The subject of exercise demands little attention, as all are familiar with its advantages and effects. Exercise to produce the most benefit, should be pleasurable, and strain should always be avoided. Drilling and gymnastic exercises are useful so long as interest is kept up and will-power sustained, but beyond this point they should rarely go. Violent exercises, too, should seldom be indulged in, even by the strong, as the wear and tear of muscle is as nothing compared with the expenditure of nerve force. The nearer exercise approaches the form of play, the greater the gain resulting. For this reason, the introduction of swimming into the school course will be a great advantage.

PAMPERED CHILDREN.

One phase of this subject is curious. How often a slightly delicate child is pampered and screened by too-cautious friends, when, without using harshness or severity, just a little of the opposite *régime*, a little healthy opposition, would impart grit and backbone, so essential in the struggle for existence. By all means let the child have tender and gracious influences brought to bear to develop the sunny side of nature; but let him also be prepared for clouds, with an occasional storm or two. In all probability the chief good resulting from gymnastic exercises is in the habit of mind acquired. The concentration of the mind and the will is essential if exercises are to be properly performed. Now the immense benefit of this training of the will lies in the fact that it may be utilised in many other directions. Just as the athlete has trained his muscles to act at a given time in a given direction, so the person of real self-control may exercise the various faculties of the mind, or rest them, at pleasure. That is, he has the control of his thoughts: he may think, or refuse to think, in a given direction. He may, therefore, dispense with thoughts injurious to himself, or prejudicial to the interests of others. Hence the value of not allowing the mind of a child to dwell upon its aches and pains, but, without compulsion, to divert its attention to that which is pleasurable. It will thus be less liable in later life to become a prey to imaginary complaints, and will sometimes be able, through sheer force of mind, to shake off more or less serious illnesses. Tricks of the mind are all too common to-day, leading persons to imagine all kinds of disasters will overtake them, and in not a few cases to produce serious melancholic disorders, when a happier frame of mind would have occasioned an opposite result.

Not only so, but healthy-mindedness, by a wonderful psychic process, begets healthy-mindedness in others, for if disease is contagious, so also is health. Thus the healthy person becomes a source of health to others, for, as Dr. Schofield says in "The Mental Factor in Medicine":—"A man's physique is something, even his dress and carriage are something, but neither is to be compared with the mind and character as elements of success. How often is the success of some medical

brother due to the mental factor in medicine, therapeutically used by him, consciously or unconsciously, in benefiting his patients' bodies by influencing their minds?" We plead, then, for a new mental outlook for the child. Instead of this reliance upon dispensary papers and often useless coloured mixtures, we should like to see genuine healthy-mindedness, and a spirit of self-effort exhibited in place of the fatal helplessness shown by many.

By pure air in abundance, healthy exercise, good food, and a clear mental outlook, surely much may be done to improve matters physically. Of course, this improved mental outlook cannot be imparted in set lessons. It is an atmosphere. It can never be gauged by examinations, nor can it often be detected in two annual visitations. But that it may be the means of increased happiness to the child is certain, and as we know that impressions made upon the child-mind are rarely, if ever, erased, so surely will future years only serve to show that breadth of spirit and largeness of vision prompted the work of the past.

Are Giants Strong?

It is commonly supposed, says *Health*, that men who are gigantic in stature are also gigantic in strength. Legend and history abound in exaggerated statements regarding the feats of huge men. When we inquire into the probable truth of the great feats of strength that such persons are reported to have performed, we meet with little success. It is difficult to get any satisfactory evidence of exactly what was done, who did it, and under what circumstances.

One thing we feel pretty sure of is that those who were giants in stature were not necessarily giants in strength. In the light of modern instances we know that men of extraordinary size are not likely to be excessively strong. Men noted for great strength have been but little above the average in stature, being generally rather short in the length of their limbs. Strong men, however, have almost invariably had great girth measurements in all parts of the body, and have consequently been considerably above the average weight.

In regarding dwarfs and giants as anomalies, one necessarily has in mind a central figure or typical specimen of the human race as a standard. We may regard this figure as the average man. What are the facts concerning him, and what are the causes and consequences of deviations from his physical proportions? When one begins to make measurements of boys and girls for the first time, as many teachers of physical training are now doing in the various schools and colleges throughout the country, the thing that most impresses itself upon the attention is the wonderful variety of shapes and figures.

No two are exactly alike; some are short, some are tall, some are fat, some are lean, some have large limbs, others small, while the minute differences in size and proportion of different parts of the body are almost infinite.

Our Ladies' Page.

The maids of Blackburn are making a supreme effort in regard to the development of the race.

They have organised a club under the name of "The Blackburn and District Ladies' Natural Health Society," and they have a membership of about forty.

Miss Nellie Foxcroft, the secretary of the club, says that the objects of the club have appealed to most of the public-minded women in the district, and that the applications for membership are more than can be dealt with at the moment.

"The society," said the secretary, "aims at the development of a purer and nobler womanhood and manhood."

The specific objects of the club are:—

To discourage the wearing of corsets; to discourage the unnecessary physical weakness of women: to promote the consideration of the health question; to cultivate a proper pride regarding the care of the body; to discourage prudery and ignorance regarding vital physical facts; to foster a love for outdoor exercises as a means to develop health and strength; and to discourage the use of tobacco and intoxicants among male friends and acquaintances.

* * *

All young unmarried girls residing in Blackburn and district are eligible for membership, provided they subscribe to the principles of the society.

A field has been rented by the club for the purpose of engaging in outdoor sports, and Miss Richmond, of Southport, an instructress in gymnastics, has been engaged to take the members in hand in the winter months. It is proposed to establish a library of books on all matters appertaining to physical culture, health, and hygiene.

"We mean to make the club go," concluded the business-like secretary. She added that they were arranging a series of public meetings, by which they hoped to enlist the sympathy of the public.

* * *

A remarkable feat of endurance was accomplished on July 13 by Miss Ethel Littlewood, of Kingston-on-Thames, who swam from Hampton Court bridge to Richmond Railway bridge, a distance of nine miles, in five hours and three-quarters. Miss Littlewood, who is only seventeen years of age, was not in the least distressed, and only left the river by the advice of her parents. The swim was in conjunction with a long-distance race promoted by the Kingston Ladies' S.C., and nine members left Hampton Court bridge at 10.30 a.m. Kingston (three miles) was reached at 12.30, and at Teddington (five miles), all retired, except Miss Littlewood, Miss Lily Smith, and Mrs. Millington. The latter gave up at Twickenham Ferry (seven miles) and Miss Smith touched Richmond Bridge at 3.25. Miss Littlewood had been a long way in the rear, but, persevering very pluckily, eventually reached Richmond in the time stated.

SPORTING PATENTS.

Applications for Patents June 26th to July 1st, 1905:—

11400A John Robertson (Boss & Co.), London. Adjusting the pull of sporting guns or rifles. (Antedated.)
11400B John Robertson (Boss & Co.), London. Preventing the accidental discharge of guns or rifles. (Antedated)
13122 J. Turner, Birmingham. Hockey sticks.
13196 A. Warsop, London. Manufacture of cricket bat handles.
13297 King's Norton Metal Co., Ltd., T. A. Bayliss, H. Brownsdon, and H. M. Smith, London. Removal of fouling from rifle and gun barrels.
13338 F. Knans, London. Curling stones.
13385 F. Dupont and H. Schoonbroodt, Birmingham. Firing mechanism of firearms. (Complete Specification.)
13498 Harris & Sheldon, Ltd., and R. F. James, Birmingham. Racks and stands for billiard cues, golf clubs, etc.
13500 A. D. Larymore and G. C. Hall, Bexhill-on-Sea. Lawn tennis ace and game scorer.
13514 A. E. Smith, London. Calculating apparatus for scoring games.
13516 M. L. Macauley, Glasgow. Tee for golf, etc.
13523 A. Whitney, London. Targets and shooting ranges for teaching men to shoot.

Specifications published July 6th, 1905:—

12949 of 1904. F. Burks, U.S.A. (Partly communicated by C. Rohlfs, U.S.A.) Electric apparatus applicable for exercising and therapeutic purposes.
14518 of 1904 G. Monteath and J. Ormiston, Boswells, N.B. Billiard tables.
17555 of 1904 J. MacNeil, Glasgow. Manufacture of golf and other balls.
18074 of 1904 J. Young, Glasgow. Detachable soles for golfers' boots.
1899 of 1905 F. T. F. Wilson, India. Ball-bearing implement for cleaning rifles, guns and the like.

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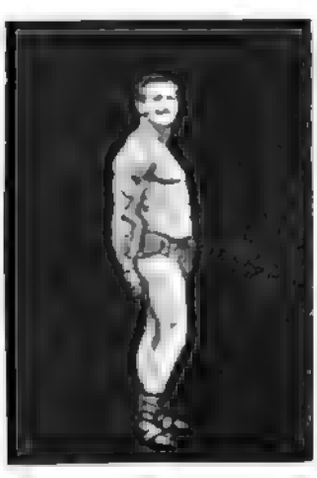
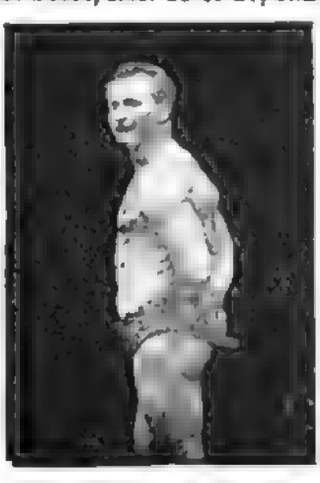

—— Sporting Notes. ——

Swimming.

There was a big crowd on the southern shore of the Serpentine Lake, Hyde Park, on July 12, to witness the conclusion of the 55 yards race for the Payne-Dawson-Bennett Cup. There were ten swimmers left in to compete for the prizes, and a splendid race was witnessed, the Cup eventually going to H. G. Warren (21 secs.), who won by half a yard from J. McMillan (14 secs.), W. G. Cleaver (21 secs.) being beaten for second prize by a foot. Alfred Rowley (38 secs.) was fourth; whilst the other competitors were : J. Cann (31 secs.), O. C. Porter (24 secs.), J. H. Denty (20 secs.), T. Colley (18 secs.), A. E. Clears (18 secs.), and T. A. Sharp (12 secs.).

* * *

The King's Cup.

When, three years ago, the King signified his intention of presenting a cup to the Royal Life-Saving Society for international competition, great was the jubilation among English amateur swimmers.

They had competed for the Kaiser's cup at Bremen, the Emperor of Austria's international vase at Vienna, and the French Republic's chief prize at the Olympic games in Paris, and won all three, but they had not a similar competition in which they could invite foreign and Colonial competitors to take part.

When this was represented to his Majesty by Mr. W. H. Grenfell, M.P., the King at once consented to present a cup.

Last year the society decided, with the King's permission, that the contest should consist of two races in clothes; one over the distance of a quarter of a mile, and the other over 150 yards, the competitors in the first race to carry a living subject over the last forty yards, and in the second race the last twenty yards. English speed swimmers were not accustomed to this style of racing, and J. A. Jarvis, the English mile amateur champion, lost on points to H. Johannsen, of Stockholm.

* * *

In order to encourage swimming in the north, and more particularly the practice of life-saving drill, the competitions were this year held at Blackpool.

The quarter-mile race was decided on July 8th, victory resting with D. Billington, of Bacup, who defeated B. B. Kieran, the Australian champion, after a fine race, with W. W. Robinson, of Liverpool, third.

Any stroke could be used by the competitors on that occasion, but in the final race at 150 yards on July 10th only "breast-stroke" was permissible.

This gave W. W. Robinson, who is the breast-stroke champion, a fine chance of winning the cup, for Billington was likely to be beaten by one or more of the other competitors when using this particular style.

Rain fell, and with the sea rather rough, the conditions for the final competition were not by any means favourable. Robinson swam grandly, and, performing his rescue work brilliantly, won by sixty yards from the Scotch Police champion, James Sims, while the Swede, Wilhelm Persson, filled third position. On the aggregate Robinson scored 23 points against 17 by Billington, who finished seventh, so that the Liverpool swimmer had the supreme satisfaction of winning the King's Cup. B. B. Kieran, the Australian amateur champion, easily captured the International Invitation Race.

* * *

The Channel Swim.

Thomas Burgess, the Yorkshireman, who so nearly accomplished the Channel swim last year, and intends to make another attempt this month, made a remarkable swim in the Channel on July 10th, in a very rough sea, showing exceptional powers of endurance. Burgess had intended to swim to mid-Channel, and entered the water inside the Admiralty Pier. Soon after passing the head of the pier, however, a strong breeze sprung up, which brought with it quite a heavy sea, and the seamen who accompanied the swimmer had all their work to do to prevent the boat being overturned. At times Burgess sank between the breakers so that he was hidden from view from the boat. It made no difference, however, to his swimming, and he swam the breast high undisturbed over the breakers, keeping up the regular pace of 27 to 28 strokes to the minute.

* * *

Owing to the rough sea, it was impossible for the boat to keep up to him, and, as his position was fraught with a good deal of danger, the occupants of the boat thought it advisable to work in closer to land. Burgess, who entered the water at 10.15, remained in until 4.15 p.m., having covered about ten miles when he left the water. He was perfectly fresh, and showed no ill effects from his immersion, his temperature being normal. The feeding arrangements, which were carried out with the greatest difficulty, were undertaken by Dr. A. S. Wanchope Watson. Two other swimmers are practising for the cross-Channel event, namely, Mr. Ted Heaton and Mons. Lefargne, a Frenchman, who arrived recently. Montague Holbein is expected at Dover in a few days.

Wrestling.

On Monday last the famous Russian wrestler, Georges Hackenschmidt, opened an engagement in Glasgow at the Zoo Hippodrome. This is his first visit to Scotland since his return from his tour. It was stated by Hackenschmidt's manager that the champion is anxious to meet either Alx. Munro, of Govan, the Scottish champion, or A. A. Cameron, of Partick, in a special match any evening during the week. Munro, however, objects to the Zoo, which is the largest music-hall in Glasgow, on the ground that it is too small for the match. He would prefer Ibrox Park or some other football ground, but here, again, Mr. Bostock, the manager of the Zoo, will not permit Hackenschmidt to appear anywhere else than at his house. He has given an open challenge to all comers, which Munro can accept or not as he pleases, and will pay £15 to any man the Russian will fail to throw in ten minutes and £100 to any wrestler who will defeat Hackenschmidt. The latter is prepared to wrestle Munro in the Scotchman's own style, catch-as-catch-can.

* * *

Last week Hackenschmidt was showing at the Palace, Camberwell, S.E., where, as usual, he defeated all comers. Reference to Koch's challenge to the Russian will be found on another page.

Once again the Cumberland wrestler, Matt Steadman, has come forward to try his luck with Georges Hackenschmidt. Steadman is undoubtedly a clever exponent of the Cumberland style, and is following in the footsteps of his father, the late George Steadman. On July 12 he went for all he was worth in his contest with the Russian Lion at Camberwell. The style chosen was catch-as-catch-can, and Steadman was to receive £10 if he stood ten minutes. For quite a minute both sparred for a hold, when Steadman was brought to the carpet by a trip. The Cumberland man did excellent work on the mat, and kept pace with the Russian, and, after seven minutes had been called, Steadman regained his feet. He sprang behind the Russian, and got a hold, and tripped him nine successive times. Hackenschmidt, however, with the flying mare, brought him over on his back, and claimed a victory in 9 mins. 27 secs.

* * *

As previously stated in these columns, Hackenschmidt and Madrali have signed articles for a match in the catch-as-catch-can style for £200 a-side, and the best purse offered. Ahmed Madrali is in strict training, and feels confident of success this time. He will be over in England shortly, together with two or three other champion wrestlers. The match will be decided in September next.

Rowing.

Tom Sullivan leaves England for Toronto, where, on August 23, in the Bay, he is articled to row Eddie Durnan, for stakes of £200 a-side. Sullivan, who will be accompanied by Mr. Dick Hodgkinson, of Putney, sails by the White Star liner leaving Liverpool on the day mentioned. Sullivan has been putting in steady work for some time past, and even now is very fit. He double-sculled up to Henley with Mr. Spencer Gollan, and whilst there had a number of good training spins. After the regatta he rowed down to Richmond. He will arrive in Toronto three weeks before the race, and expects to row at about 12 st. 6 lb. Sullivan's stake money, £200, has been forwarded to the stakeholder in Toronto.

* * *

The following attended at Fishmongers' Hall on July 13, and handed in their names for the wager from London Bridge to Chelsea on August 1:

Reuben H. Webb, Woolwich.
John H. Peasley, Richmond.
James Jones, Bankside.
Henry Silvester, Hammersmith.
Albert T. Moss, Bermondsey.
Josiah M. Johnson, Lambeth.

Mr. John Towse, the clerk to the Fishmongers' Company, having received the usual deposit from the men, cautioned them against fouling, etc., and ordered them to attend at the Fishmongers' Hall at one o'clock on August 1, to receive their stations and colours.

The officials of the County Council have promised that their boats shall be eased up during the race.

Miscellaneous.

The death is announced in Australia of a once well-known cricketer, Mr. E. P. Hastings. Fully thirty years back he represented Victoria in inter-Colonial matches against New South Wales, and once against an English team, on the Melbourne ground, he made a marvellous catch at mid-on. Ulyett hit with tremendous force, and the fieldsman's hand was badly bruised (the discolouration extending well up the arm) owing to the force with which the ball travelled. In addition to his batting ability he was a fine field. He loved to talk of his boyish days at Surrey, when he used to watch the famous Caffyn play in his perfect style at Kennington Oval. Before coming to Australia Mr. Hastings (who was fifty-seven years of age) played with the Surrey Wanderers.

Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

And Editorial Chat.

Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

Expander.—(1) About 3 ft. 6 ins. apart is the best distance, but it can be increased, but the strands should always be released after exercising to relieve the strain on the rubber. Of course, the wider apart you place them, the nearer you require to stand. (2) Work at the exercises for the extensors and flexors of the forearm carefully, but do not overdo it.

A. Blakey.—Had you stated correctly the month photos and coupon were sent in, your wish could have been complied with earlier. After considerable search amongst hundreds of coupons and photos, we find you entered in March.

D. Huggins (Perth).—Many thanks for letter and suggestions, which I will comply with as much as possible. What is stated is correct. Shall always be glad to hear from you.

G. K. S. Mann (Punjab).—We have every reason to believe the institution to be a genuine one.

W. James (Abercynon)—You do not say the cause or nature of the enlargement. Let me know and I will advise you.

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Vol. XV.

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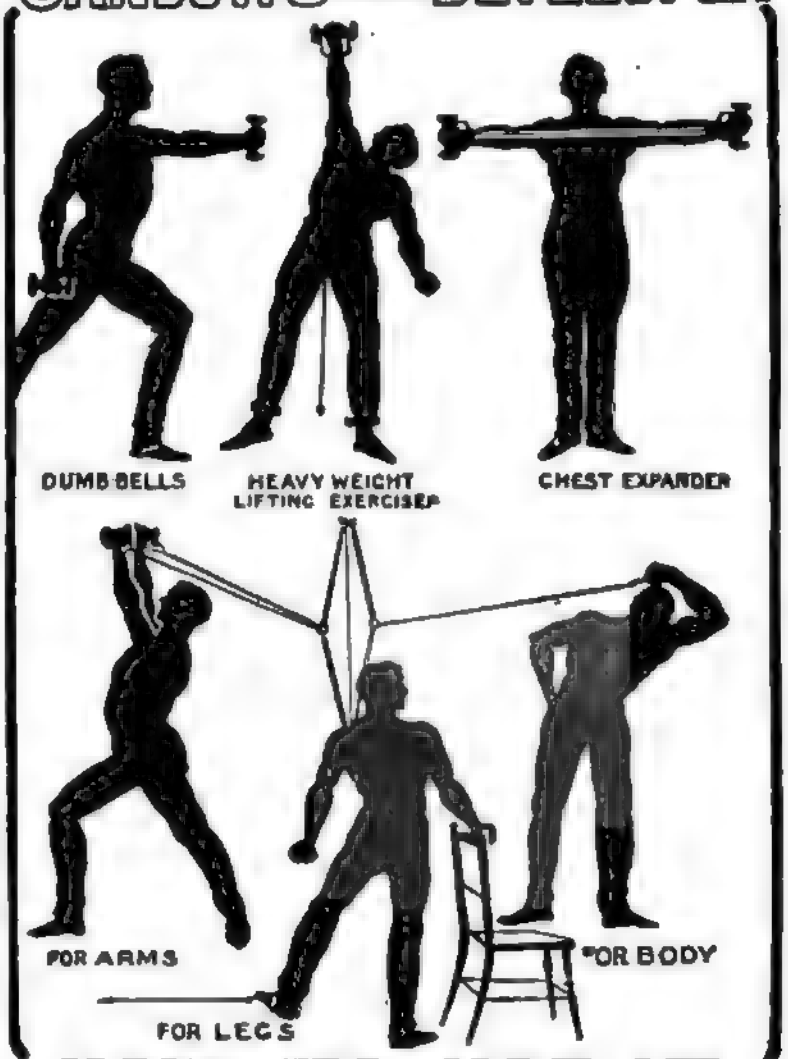

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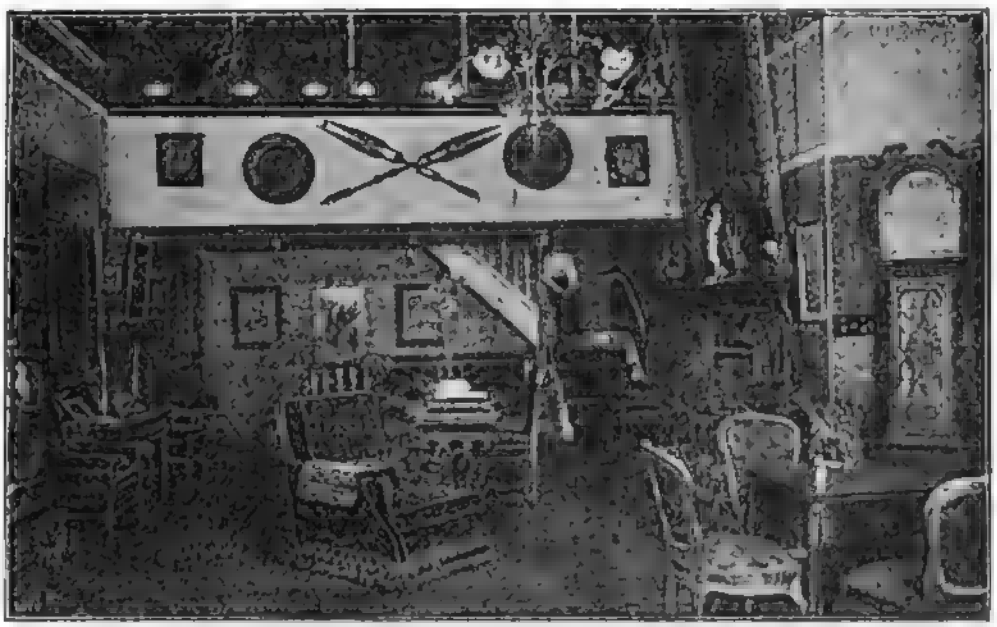

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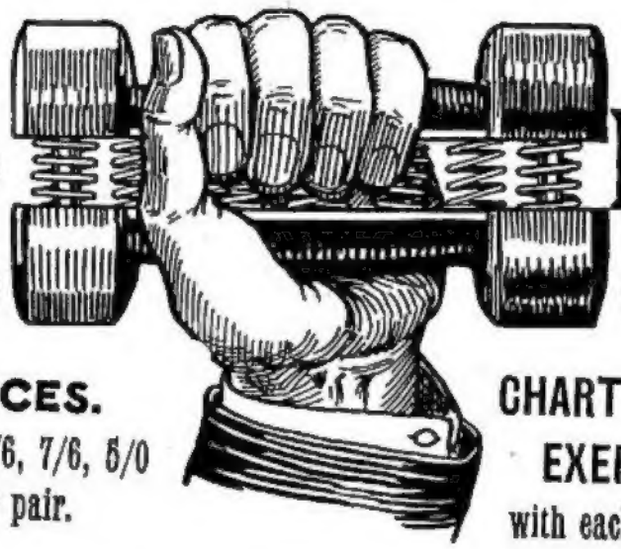

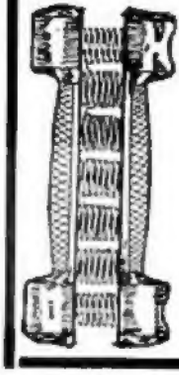

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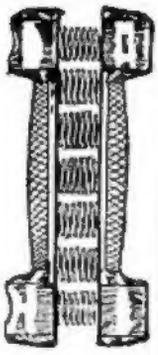

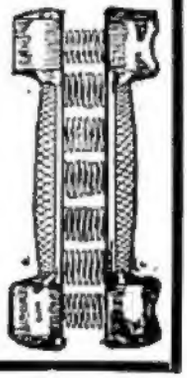

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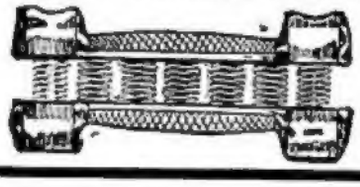

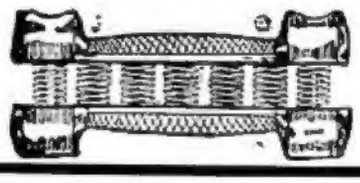

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